

WHAT IS CLAIMED IS:

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1. A personal lifting aid comprising:  
an elongated member of rigid material, said elongated member being  
5 substantially linear, said elongated member having an upper and a lower end;  
an anchor pad;  
a pivotable neck operatively attached to said anchor pad, said pivotable  
neck adapted to receive said lower end of said elongated member; and,  
a palm grip operatively attached to said upper end of said elongated  
10 member.
2. The personal lifting aid of claim 1, further including at least a first hand  
grip operatively attached to said elongated member.
3. The personal lifting aid of claim 2, wherein said at least first hand grip is  
15 slidably positioned on said elongated member.
4. The personal lifting aid of claim 3, further including a second handgrip  
slidably positioned on said elongated member.
5. The personal lifting aid of claim 3, further including a third handgrip  
slidably positioned on said elongated member.
6. The personal lifting aid of claim 3, wherein a tack and hold material is  
25 used to slidably position said at least first hand grip on said elongated member.
7. The personal lifting aid of claim 1, wherein said anchor pad and said  
pivotable neck are comprised of a single piece of polymeric material.
8. The personal lifting aid of claim 1, wherein said anchor pad has a  
30 bottom surface with raised rings.

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9. The personal lifting aid of claim 1, wherein said anchor pad has a bottom surface with inverted rings.

10. The personal lifting aid of claim 1, wherein said anchor pad is adapted to be anchored to a floor when a foot of a user is positioned on said anchor pad.

11. The personal lifting aid of claim 1, wherein said elongated member is a substantially uniform cylindrical pole.

12. The personal lifting aid of claim 1, wherein said elongated member has a Y shaped reinforcement.

13. The personal lifting aid of claim 1, further including a strap operatively attached to said elongated member.

14. The personal lifting aid of claim 1, wherein said elongated member is capable of being adjusted to varying lengths.

15. A personal lifting aid comprising:  
an elongated member of rigid material, said elongated member being substantially linear, said elongated member having an upper and a lower end;  
an anchor pad, said anchor pad being adapted to be anchored to a floor when a foot of a user is positioned on said anchor pad; and,  
a pivotable neck operatively attached to said anchor pad, said pivotable neck adapted to receive said lower end of said elongated member.

16. The personal lifting aid of claim 15, further including at least a first hand grip operatively attached to said elongated member.

17. The personal lifting aid of claim 16, wherein said at least first hand grip is slidably positioned on said elongated member.

18. The personal lifting aid of claim 17, further including a second handgrip.
19. The personal lifting aid of claim 17, further including a third handgrip.
20. The personal lifting aid of claim 17, wherein a tack and hold material is used to slidably position said at least one hand grip on said elongated member.
21. The personal lifting aid of claim 15, wherein said anchor pad and said pivotable neck are comprised of a single piece of polymeric material.
22. The personal lifting aid of claim 15, wherein said anchor pad has a bottom surface with raised rings.
23. The personal lifting aid of claim 15, wherein said anchor pad has a bottom surface with inverted rings.
24. The personal lifting aid of claim 15, further including a palm grip operatively attached to said upper end of said elongated member.
25. The personal lifting aid of claim 15, wherein said elongated member is a uniform cylindrical pole.
26. The personal lifting aid of claim 15, wherein said elongated member has a Y shaped reinforcement.
27. The personal lifting aid of claim 15, further including a strap operatively attached to said elongated member.
28. The personal lifting aid of claim 15, wherein said elongated member is capable of being adjusted to varying lengths.

29. A method of moving a person from a first position to a second position, the method comprising the steps of:

- providing a person to be moved by a caregiver;
- providing a personal lifting device, said personal lifting device comprised of:
  - an elongated member of rigid material having an upper and a lower end,
  - an anchor, and
  - a pivotable neck operatively attached to said anchor pad, said pivotable neck adapted to receive said lower end of said elongated member;
- placing said anchor pad on a floor surface near said first person, said person being in said first position;
- having said person grasp said elongated member with at least a first hand;
- having said caregiver grasp said elongated member with at least a first hand;
- having said caregiver exert a force on said elongated member in a direction substantially toward said caregiver to lift said person from said first position to said second position.

30. The method of claim 29, further including the steps of:

- providing a palm grip operatively attached to said upper end of said elongated member; and,
- wherein the step of having said caregiver grasp said elongated member with said at least first hand further includes the step of having said caregiver grasp said palm grip with said at least first hand.

31. The method of claim 29, further including the steps of:

- providing at least a first hand grip operatively attached to said elongated member; and,
- wherein the step of having said person grasp said elongated member with said at least first hand further includes the step of having said person grasp said at least first hand grip with said at least first hand.

32. The method of claim 29, further including the step of having said person exert a substantially downward force on said elongated member;

33. The method of claim 29, further including the step of having said person place at least a first foot on said anchor pad.

34. The method of claim 29, further including the step of having said caregiver place at least a first foot on said anchor pad.

35. The method of claim 29, further including the step of angling said elongated member substantially toward said caregiver.

36. The method of claim 35, wherein said person is substantially seated in said first position and said person is substantially standing in said second position.

37. The method of claim 36, wherein said person is substantially horizontal in said first position and said user is substantially seated in said second position.

38. A method of moving a person from a first position to a second position, the method comprising the steps of:

providing a person to be moved;

providing a personal lifting device, said personal lifting device comprised of;

an elongated member of rigid material having an upper and a lower end,

an anchor pad, said anchor pad being adapted to be anchored to a floor when a foot of a user is positioned on said anchor pad, and

a pivotable neck operatively attached to said anchor pad, said pivotable neck adapted to receive said lower end of said elongated member;

placing said anchor pad on a floor surface near said person;

having said person grasp said elongated member with at least a first hand;

having said person exert a force on said elongated member in a direction substantially opposite of said person to move said person from said first position to said second position;

5           39. The method of claim 38, further including the steps of:  
            providing at least a first hand grip operatively attached to said elongated member; and,  
            wherein the step of having said person grasp said elongated member with said at least first hand further includes the step of having said person grasp said at least first hand grip with said at least first hand.

10           40. The method of claim 39, further including the steps of:  
            providing a second hand grip operatively attached to said elongated member; and,  
            wherein after the step of having said person grasps said at least first hand grip, said person grasp said second hand grip with a second hand.

15           41. The method of claim 38, further including the step of having said person place at least one foot on said anchor pad.

20           42. The method of claim 38, further including the step of having said person angle said elongated member in a direction substantially opposite of said person.

25           43. A method of traversing stairs, the method including the steps of:  
            providing a plurality of steps, said plurality of steps including a first step;  
            providing a person positioned on said first step;  
            providing a personal lifting device, said personal lifting device comprised of:  
            an elongated member of rigid material, said elongated member being  
30           substantially linear, said elongated member having an upper and a lower end,  
            an anchor pad, and

17  
a pivotable neck operatively attached to said anchor pad, said  
pivotable neck adapted to receive said lower end of said elongated member;  
placing said anchor pad on one of said plurality of steps;  
having said person grasp said elongated member; and,  
5 having said person step onto one of said plurality of steps; wherein one of  
said plurality of steps is a step other than said first step.

10 44. The method of claim 43, wherein the step of placing said anchor pad on  
one of said plurality of steps further includes the step of placing said anchor pad on  
said first step.

15 45. The method of claim 44, wherein the step of having said person step  
onto one of said plurality of steps further includes the step of having said person  
step onto a second step; said second step being positioned substantially above said  
first step.

20 46. The method of claim 43, wherein the step of placing said anchor pad on  
one of said plurality of steps further includes the step of placing said anchor pad on  
a third step, said third step being positioned substantially below said first step.

25 47. The method of claim 46, wherein the step of having said person step  
onto one of said plurality of steps further includes the step of having said person  
step onto said third step.

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